

## **INTUITION**

*by Gwen Jones*

Intuition, we all have it, but not all of us utilise it. Self doubt, lack of understanding and lack of trust are just some of the things that can get in the way. Intuition is a wonderful gift that can aid and assist us during this life journey, if we would but listen.

It can be the guardian angel that is there to prompt us to change direction, it can be the teacher that leads us to the answer we are seeking. It can be the friend that is always there with loving advice.

Learning how your intuition talks to you and strengthening that connection is a task well worth undertaking.

Quietenning the mind, becoming still and just listening to your thoughts and feelings is a great start to connecting with your intuition.

Once you find it, allow that connection to strengthen and experience life with a guardian angel who is with you always.